



10 March 2019
F1 VILLAGE

METASPRINT SERIES SINGAPORE



METASPRINT SERIES DUATHLON SPRINT DISTANCE

FINISHER

Congratulations to:

Tris Ralph

3km Run Time: 00:13:46

Total Time: 01:06:39

18km Bike Time: 00:35:45

Category Position: 5 of 7

3km Run Time: 00:14:22

Overall Rank: 206 of 706

METASPORT

GEMS
World Academy
(Singapore)



smith&nephew

PURE
SPORTS NUTRITION


**Parkway
Shenton**

A FUN way to be a TRIATHLETE

www.metasprintseries.com